

JUN FAN GUNG FU
ORGANIZED LESSON PLAN:

- A) SHADOW BOXING 2 MINUTES
- B) STRETCHING

C) FOOTWORK:

- 1) STEP AND SLIDE ADVANCE
- 2) STEP AND SLIDE RETREAT
- 3) SLIDE SHUFFLE ADVANCE
- 4) SLIDE SHUFFLE RETREAT
- 5) PUSH SHUFFLE ADVANCE
- 6) PUSH SHUFFLE RETREAT
- 7) STEP THROUGH ADVANCE
- 8) STEP THROUGH RETREAT
- 9) SIDE STEP TO THE LEFT
- 10) SIDE STEP TO THE RIGHT
- 11) CURVING TO THE RIGHT
- 12) CURVING TO THE LEFT
- 13) CIRCLE TO THE RIGHT
- 14) CIRCLE TO THE LEFT
- 15) REPLACE STEP (2 WAYS)
- 16) HEEL AND TOE SWAY
- 17) PENDULUM SHUFFLE (2 WAYS)
- 18) LEAD STEP (3 WAYS)
- 19) TRIANGLE PATTERN
- 20) ROCKER SHUFFLE (FRONT AND BACK), (SIDE TO SIDE)